



CARLETON UNIVERSITY SWIMMING POOL

FALL 2013/WINTER 2014

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:30 AM	Fitness Swim 6:00-7:30 AM (SHALLOW or DEEP)		Fitness Swim 6:00-7:30 AM (SHALLOW or DEEP)		Fitness Swim 6:00-7:30 AM (SHALLOW or DEEP)		
7:30 - 8:30 AM		Fitness Swim 7:30-8:30 AM (3 lanes SHALLOW & 3 lanes DEEP)		Fitness Swim 7:30-8:30 AM (3 LANES) Long-course			
	ALL SWIMS ARE FREE FOR CU STUDENTS, STAFF, FACULTY AND COMMUNITY MEMBERS. PUBLIC SWIM FEES ARE LISTED BELOW.						
11:45 AM -1:15 PM	Rec & Fitness 11:45 AM-1:15 PM (WHOLE POOL)	Rec & Fitness 11:45 AM-1:15 PM (WHOLE POOL)	Rec & Fitness 11:45 AM-1:15 PM (WHOLE POOL)	Rec & Fitness 11:45 AM-1:15 PM (WHOLE POOL) Long-course	Rec & Fitness 11:45 AM-1:15 PM (WHOLE POOL)		Women's Swim Rec & Fitness 11:40 AM 12:40 PM (WHOLE POOL)
Program Note:	Private Swim Lessons may be scheduled on Mon thru Fri (12:00-1:00 PM)						
1:30-4:00 PM						Rec & Fitness 1:30-4:30 PM (WHOLE POOL)	Rec & Fitness 1:45-4:30 PM (WHOLE POOL)
4:00 - 4:30 PM		Rec & Fitness 4:00-5:00 PM (WHOLE POOL)		Rec & Fitness 4:00-5:00 PM (WHOLE POOL)			
4:30 - 5:00 PM	Fitness Swim 4:30-5:00 PM (SHALLOW & 4 Lanes DEEP)		Fitness Swim 4:30-5:00 PM (SHALLOW & 4 Lanes DEEP)	Fitness Swim 4:30-5:00 PM (SHALLOW & 4 Lanes DEEP)	Fitness Swim 4:30-5:00 PM SHALLOW & 4 Lanes DEEP)		
5:00 - 6:00 PM	Rec & Fitness 5:00-6:00 PM (WHOLE POOL)	Fitness Swim 5:00-6:00 PM (DEEP)	Rec & Fitness 5:00-6:00 PM (WHOLE POOL)	Fitness Swim 5:00-6:00 PM (DEEP)	Rec & Fitness 5:00-6:00 PM (WHOLE POOL)		
Program Note:	Private Swim Lessons may be scheduled on Mon-Weds (4:30-6 PM), Tues-Thurs (4-5:00 PM) & Fri (5:30-6 PM)						
8:30 - 9:00 PM					Rec & Fitness 8:10-9:25 PM (WHOLE POOL)		
9:00 - 10:00 PM	Rec & Fitness 9:15-10:30 PM (WHOLE POOL)	Fitness Swim 9:15-10:30 PM (SHALLOW)	Rec & Fitness 9:15-10:30 PM (WHOLE POOL) Long-course	Fitness Swim 9:15-10:30 PM (SHALLOW)			Rec & Fitness 9:10-10:25 PM (WHOLE POOL)
10:00 - 10:30 PM		Rec Swim (WHOLE POOL) begins Dec 3		Rec Swim (WHOLE POOL) begins Dec 5			

PUBLIC SWIM FEES: CHILDREN (under 14): \$3.50 / ADULTS: \$4.85 (HST incl) / FAMILY RATE: \$15.60 (max 2 adults / 4 children). The Pool will be open for HOLIDAY SWIMS

(1:30-4:30 PM) on SEPT 2, OCT 12-13-14, DEC 22 & 23, DEC 27-30, 2013 and JAN 2-3-4-5 & FEB 17, 2014. The swim schedule will be reduced DEC 15-21. The Pool will be CLOSED on DEC 24-25-26, DEC 31, 2013 & JAN 1, 2014. Regular schedule resumes on JAN 6. Click on www.carleton.ca/athletics for updates or call the Welcome Centre at 613 520-4480.

GORAVENS.CA | ATHLETICS.CARLETON.CA